

## Health Triangle Writing Assignment

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Gwen is a student in high school. She's very quiet, and has an intimidating manner that makes most people scared of her. She works very hard in school and tries to look after and set an example for her younger brothers. Her father died when she was young, and her mother is caring but not responsible, so she has to do a lot around the house. She wants to get a cat, but while she's good with kittens adult cats are scared of her, and in any case her mother is allergic. She really likes cute things like stuffed animals, but she's embarrassed by this and tries to hide it. Only her closest friends know about this. One of her friends taught her how to knit, and while she's not very good at it, it really helps her relax, and her 6-year-old cousin Greta really likes the animals Gwen makes her.

Recently she's been a lot more stressed than usual, because one of her little brothers is dating the other one's crush, and they've been fighting a lot. They've never gotten along very well, and she's been trying very hard to keep them from fighting. Her brothers' crush is close to their family and looks up to her like an older sister and, feeling confused by all these emotions, is asking for her advice, but Gwen doesn't quite know what to say. Sometimes she gets migraines, and they've been getting a lot worse lately. She's been losing sleep, and her fingers are being rubbed raw from all the knitting she's been doing. Sometimes she goes running, but she's been so tense she can barely start before she gets cramps or trips on something. Lately she's been spending a lot of time shut up in her room, because while she wants to be at home to keep the peace, she hasn't been very successful, and the stress is often too much for her.

She only really feels comfortable around people she knows well, but she doesn't have anyone she can talk to about these problems. Her mother loves her but isn't a good source of advice. She often talks to her cousin, but Greta is very close to her brothers' crush, and Gwen doesn't want to burden her cousin with any of this. She only has a couple of close friends; one cares for her but teases her a lot, and the other one has an open and obvious crush on the same person her brothers like.